

Jumping Jackflaps



(f l a p j a c k s !)

Recipe
for 3

225g rolled porridge oats
125g margarine
90g soft brown sugar, light or dark
90g Golden syrup

Mixing bowl, wooden spoon, measuring spoons, tablespoon, baking tray, baking parchment, 2cm bigger than the tray, knife.

To measure the syrup, put the bowl for melting it in onto the scales, and add in the syrup until it measures an extra 90g, or zero the scales if they are electronic ones.

1



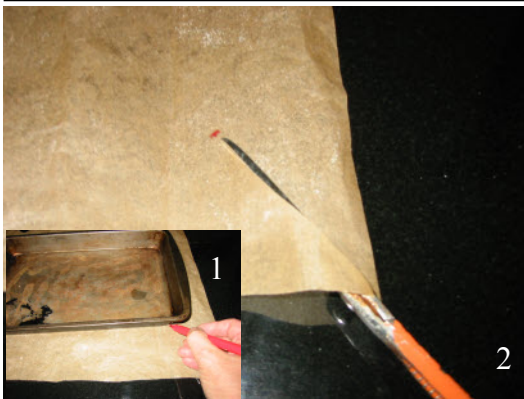
Wash your hands, tie up your hair if necessary and put on your apron.

Read the recipe card right through.

Collect all the ingredients.

Collect any equipment you will need.

2



Put the oven on, Gas 5, 190°C.

Line a baking tray, 28x16 cm, with baking parchment, or greaseproof paper that you have greased with butter or oil. (or put small discs of paper in a jam tart tray and cook round discs of flapjack)

3



Sit the baking tray on top of a piece of parchment 2 cm bigger all round than your tin. Using a pencil, mark the corner position of the tin on the paper.

Cut diagonally from the corner of the paper to your mark. The paper should then sit smoothly in the tin.

4



Put the margarine or butter, sugar and golden syrup into a non metal dish that can go into the microwave.

Microwave until melted, approximately 2 minutes on high power, OR put into a saucepan and melt on a medium heat. Stir occasionally.

5



Put the oats into a large mixing bowl and pour over the melted syrup mixture.

Stir carefully until all the oats are covered with syrup mixture. Make sure you stir right from the bottom of the dish.

6



Press into the lined baking tin, and press flat using the back of a metal spoon or spatula.
If using a jam tart tin, place a spoonful into each dip and press flat.

7



Using oven gloves, put the tray into the oven. Bake for 20-25 minutes (10-15 minutes if in a jam tart tin) until golden brown and set, but not hard. It will still be soft because the margarine, sugar and syrup are still melted. They will firm up when cool. Take out of the oven.

8



Leave to cool in the tin for 10 minutes, then cut into small pieces. Make a grid, 2x7, as in 3x6 as with your



the picture, or in the diagram cuts.

9



Leave to cool for a further 20 minutes before removing from the tin onto a wire cooling rack.

10



The flapjacks will firm up completely when cool.

11



TIME TO WASH UP!

Rinse your dishcloth in hot water and clean your work surface. Use hot soapy water to wash up all the equipment you have used. Use a clean dry tea towel to dry, or leave to air dry, then put away tidily.